



AIR, LAND & SEA TIMES

PUBLISHED FOR THE JOINT BASE MCGUIRE-DIX- LAKEHURST, N.J. COMMUNITY

Vol. 2 No. 34

AUGUST 24, 2012

NEWSNOTES

Dates and times are subject to change. Check with the event coordinator prior to the event.

JB MDL Annual Summer Picnic

The Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic is scheduled from noon to 5 p.m. today at John Mann Park. Picnic events consist of various sporting competitions such as volleyball, tricycle races, horseshoes and tug of war throughout the day. All members of JB MDL are invited to partake in free go-carts, mini golf, batting cages, swimming, bowling, bounce houses, crafts, face painting, balloon art and more. Call 754-2830 for more information.

Partial Road Closures

Northbound Pudgy Circle and eastbound Tuskegee Airmen Ave. are scheduled to decrease from two lanes to one lane beginning Aug. 20. The road will remain partially closed for approximately two and half months while dormitory Bldg. 2606 is demolished.

Regional Training Center-East Closure Ceremony

The Regional Training Center-East is scheduled to host a closure ceremony 10 a.m. today at Doughboy Field. Call 562-7462 for more information.

School and Sports Physical Day

The 87th Medical Group staff is scheduled to host their annual school and sports physical health fair from 8 a.m. to noon Aug. 25 at the 87th MDG clinic. The event is for children ages five to 18, who receive care at the clinic. Both clinic entrances will be open and will include the same services on both sides. Parents are encouraged to call the appointment line at (866) DRS-APPT for a smoother process, however walk-ins are welcome. To process through stations efficiently, weather permitting, children should be dressed in shorts, T-shirts and shoes with socks. Medication refills, follow-ups for previous issues, or other concerns will not be conducted and addressed because this event is designed to complete sports/school physicals. With the exception of the immunizations clinic, all other ancillary services will not be available. Parents should check with their child's school or go on its website for the required forms. Parents may also visit www.state.nj.us/education to access the school physical forms. Forms should be completed prior to the event to expedite the process. Call 754-9151 for more information.

174th Infantry Brigade Change of Responsibility

The 174th Infantry Brigade invites fellow Joint Base comrades and families to attend its unit Change of Responsibility, 10 a.m. Aug. 30 on Sharp Field. Command Sgt. Maj. Christopher Johnson will change senior noncommissioned officer responsibility with incoming Command Sgt. Maj. Calvin Coler. Call 562-6525 for additional information.

NSA Lakehurst Observance of Women's Equality Day

Naval Support Activity Lakehurst is scheduled to host monthly general military training at 8 a.m. Aug. 30 at the NSA Lakehurst flight deck. One of the goals at this training is to recognize Women's Equality Day, which is Aug. 26. Call (732) 323-4147 for more information.

305th Maintenance Group Assumption of Command

The 305th Maintenance Group Assumption of Command ceremony is scheduled for 10 a.m. Aug. 31 at Bldg. 2201 (Dock 1).

COVE Training Session

Enjoy meeting new people? Have a passion for public speaking? Tell the world the story of America's premier joint warfighting base from your perspective by enrolling in the Community Outreach Volunteer Experience. COVE is a community engagement program designed to provide the service members of Joint Base McGuire-Dix-Lakehurst a platform to share personal experiences and tell the joint base story. The next COVE training session is from 1 to 4 p.m. Sept. 6 at Tommy B's Community Activity Center. Call 754-2104 or email 87.abw.pa@us.af.mil to sign up for the training.

Active-Shooter Exercise Tip

The three options for base personnel in this eventuality include: evacuate, hide out or take action. The key components to a lockdown are staying calm and safe. No one expects you to be a "hero" so if you can get away safely, do so. Take action as a "last resort" against the shooter. The date of the exercise is Sept. 20. Call 754-1396 for more information.

18th MAS Reunion

The 18th Military Airlift Squadron reunion is scheduled for 6 p.m. Sept. 8 at the McGuire VFW Post 6590, Cookstown, N.J. Email alumni@18thbludiamonds.org for more information. RSVP by Aug. 25.

See more NEWSNOTES on Page 12



The U.S. Air Force Honor Guard Drill Team performs their synchronized line formation Aug. 19 during Air Force Week in New York, N.Y. The Drill Team promotes the Air Force mission by showcasing drill performances at public and military venues to recruit, retain, and inspire Airmen. (U.S. Air Force photo by Senior Airman Tabitha N. Haynes/Released)

Air Force Week captures New York's imagination

By Desiree Palacios
Air Force News Service

NEW YORK — The Air Force kicked off one of its biggest outreach programs Aug. 19 in America's largest city with a combination of opening day remarks, flyovers, interactive displays and performances by Air Force bands.

The opening ceremony at the Intrepid Sea, Air and Space Museum on Pier 86 marked the start of Air Force Week here, three days of events aimed at showcasing the Air Force, and its men and women, in front of an audience of more than eight million New Yorkers.

"Air Force Week shines a big spotlight on our Airmen's essential contributions to America's national security, and America's Airmen in the fight," said Secretary of the Air Force Michael Donley during his remarks.

He told the audience that no matter how advanced the Air Force becomes technologically, its success will always depend on its people.

"We give our men and women responsibility beyond their years, and we expect them to perform their missions, and to innovate and improvise, to get the job done," Donley said. "We can never take them for granted. Our Airmen make us exceedingly proud ... and we couldn't ask for finer role models for examples of selfless service."

The ceremony included other top Air Force and local civic leaders, as well as a flyover by the Air Force's Thunderbirds aerial demonstration team. An open water rescue demonstration with an HH-60 Pave Hawk helicopter and rescue team from the 106th Rescue Wing, Westhampton Beach, N.Y., followed.

There were also interactive displays featuring the Air Force

Recruiting Service exhibit "Command Center Alpha," a 3-D tour that includes computer graphics, videos and a Thunderbird display.

"This week, Airmen interacted throughout the five boroughs of New York, shared their stories, educated citizens about the many contributions of the Air Force and their impact to national defense," said Gen. Edward A. Rice, commander of the Air Education and Training Command and one of the guest speakers at the ceremony. "These activities allowed America's largest city to engage with the most powerful weapon system in our arsenal: our Airmen."

New York Fire Commissioner Salvatore Cassano, who represented the city during the ceremony, compared today's Air Force and its Airmen to the city of New York.

"The city continues to rise," Cassano said. "It brings us to new, never

before seen heights. Our Air Force is the most technologically advanced and most highly trained aerial fighting force the world has ever seen. You literally bring our country to new heights through your dominance in the sky."

During the activities, Donley unveiled the 2012 edition of the "Portraits in Courage" series, which highlights Airmen who have displayed bravery and determination in the face of especially challenging or dangerous circumstances. Five of the 20 Airmen portrayed in the series were honored during the ceremony, to include:

- Capt. Jennifer Curtis, a family nurse practitioner with the 75th Medical Operations Squadron, Hill Air Force Base, Utah, who pulled six injured service members into her medical facility to provide aid after

See NYC, Page 13

Wingman Day takes flight

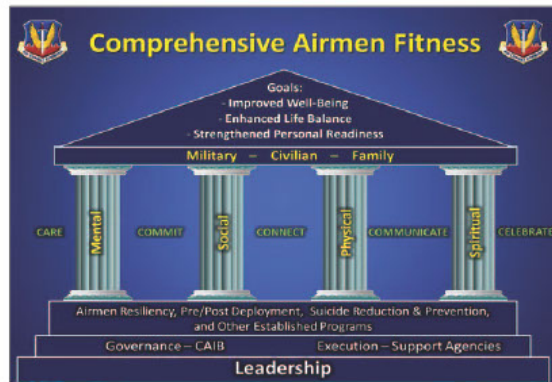
By Airman 1st Class Ryan Throneberry
Joint Base McGuire-Dix-Lakehurst Public Affairs

Air Force units on Joint Base McGuire-Dix-Lakehurst are set to host a Wingman Day Aug. 28. The goal of the day is to foster unit cohesion and resiliency through the application of four comprehensive Airmen fitness pillars: mental, social, physical and spiritual fitness.

"People are our most important asset," said 2nd Lt. Nick Masarone, a 87th Contracting Squadron contract specialist who serves as the 87th Mission Support Group main point of contact for Wingman Day.

"You have to take care of your people. I think sometimes we get so caught up in our busy daily routines that we may forget to ask one of our co-workers how they are doing that day. It is extremely important to get to know your people. Wingman Day allows us to take a step back from our daily operations and remind our coworkers

See WINGMAN, Page 13



This graphic represents the four pillars of comprehensive Airmen Fitness: mental, social, physical and spiritual fitness. The goal of the upcoming Wingman Day is to foster unit cohesion and resiliency through the application of these ideals. (U.S. Air Force Courtesy graphic/Released)

Master Chief retires

Command Master Chief Herbert Kelton, Naval Support Activity Lakehurst, is piped ashore for the final time by the Boatswain's Mate and saluted by the Sideboys during his retirement ceremony Aug. 17 at the Lakehurst gym here after.



2

Liberty Warriors complete operation

Ten months after the Soldiers of the 77th Sustainment Brigade returned from Iraq, they mustered at Joint Base McGuire-Dix-Lakehurst, N.J., for the Operation Sustainment Warrior exercise Aug. 5 through Aug. 19.



6

Big Apple goes blue for AF week

Airmen from Joint Base McGuire-Dix-Lakehurst toured the 9/11 Memorial in New York City, Aug. 20. Airmen from the joint base attended several events across NYC during Air Force Week 2012.



8/9

The Weekend Weather

Today
High 88/Low 65
Cloudy



Saturday
High 84/Low 64
Partly Sunny



Sunday
High 83/Low 63
Partly Sunny



Marilyn Monroe and the general

By Col. Michael Underkofler
514th Air Mobility Wing

Plastered across the pages of many magazines, blogs and newspapers last week were photos and stories about the untimely death of actress Marilyn Monroe 50 years ago. Some authors went beyond just simply discussing her beauty or sexual exploits and opined she was actually quite brilliant. Sources said Monroe worked incredibly long hours, almost singlehandedly, to strategically manage her image to keep the public fascinated. These recent stories and photos have exposed the starlet to a new generation of Americans, many of whom will become similarly captivated.

Besides her beauty, Monroe was famous for her quips and sexual innuendos. When asked what three men she'd like to be trapped on a deserted island with, she responded with: Joe DiMaggio, Albert Einstein and Hoyt Vandenberg — her husband, the scientist and the Air Force general respectively.

Like Monroe, Vandenberg was incredibly good looking and was featured, albeit not often, on the cover of popular magazines. A West Point graduate and pilot, Vandenberg quickly advanced through the ranks, serving in key positions like the 9th Air Force commander, where he helped to plan the Normandy invasion. He also served as the director of Central Intelligence, the forerunner of the CIA.

Well known in Washington's social and political circles, Vandenberg was a gentleman and professional. Despite the daunting task, as the deputy commander of the air staff, along with the Army deputy, he helped carve the manpower, equipment and bases to subdivide the United States Air Force from the Army.

It could be characterized as the most amicable divorce ever, the model of cooperation and agreement. He was an easy pick to later become the vice chief and later the Air Force's second chief of staff in 1948.

Vandenberg had style too.

He took a major role in designing a new uniform for the Air Force. President Harry Truman liked the idea but told Vandenberg he had to win over Congress.

To do so, Vandenberg and a colonel went to Capitol Hill in the suggested garb. Instead of Vandenberg making the pitch before the Senate Armed Forces Committee, the colonel did.

This was calculated as Vandenberg secretly dressed as a sergeant and kept quiet. When the colonel finished speaking he introduced the "sergeant." Once the congressmen realized the ruse, they roared with approval and gave Vandenberg the go ahead for the new uniform.

As chief of staff, Vandenberg labored on weightier issues too, such as doctrine, force strength and basing — every day a laundry list of tasks to be accomplished to make the Air Force a stronger service. This took a heavy toll on him, but he kept pushing forward.

Vandenberg also decided we needed an air-centric way to address Air Force enlisted personnel. No longer would the first five enlisted grades be referred to by the Army ranks of private, private first class, corporal, sergeant and sergeant first class.

On February 20, 1950, Vandenberg directed all Air Force enlisted personnel be called airmen with the first five grades shortly thereafter being addressed as basic airman, airman, airman third class, airman second class and airman first class. He wrote, "The habitual use of the term

'airman' should aid in distinguishing the enlisted personnel of the Air Force from those of the other services and in identifying them more closely with their chosen service in the structure for national defense.

Vandenberg spent much time away from his family like most military members. He sought ways to make his time with them precious and memorable. When his son graduated from West Point, the two of them went to Detroit and purchased a new car off the factory floor and drove it back to Washington. His son, who later became a general himself, said he cherished the time his father was able to carve out of his busy schedule to make that trip.

President Truman nominated Vandenberg for a second term as chief of staff in 1952, but he only served until June 1953. The general with boyish good looks was ill and retired after serving 30 years in the military.

Sadly, he died of prostate cancer the following spring at age 55. The funeral procession from the National Cathedral to Arlington National Cemetery was one of the biggest in Washington with thousands lining the road to honor him.

Just like Marilyn Monroe, we lost a talent too early. Vandenberg's life and service to the nation are incredibly instructive: hardworking, dedicated, visionary, professional, courteous and a family man are some of the things I think best describe him. Fortunately for us our military has had many great leaders — officers, enlisted and civilian alike — to learn from and to emulate.

The challenge for us is to make sure we tell their stories often so future generations are as captivated by them as they are of former blond bombshells.

COMMANDER'S ACTION LINE



Col. John Wood
Commander, Joint Base
McGuire-Dix-Lakehurst and
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



The Air, Land and Sea Times is published by the Burlington County Times, a private firm in no way connected with Joint Base McGuire-Dix-Lakehurst, N.J., or the United States Military. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the Air, Land and Sea Times are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the U.S. Military.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Military, or the publisher of the products or services offered.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the JB MDL Public Affairs Office. All photographs are U.S. Military photographs unless otherwise indicated.

EDITORIAL STAFF

Commander, JB MDL and 87th ABW
Col. John Wood
Chief, Public Affairs
Ms. Angel Lopez
Internal Chief
2nd Lt. Alexis McGee
Editor
Airman 1st Class Ryan Throneberry
Writer
Mr. Pascual Flores

NEWS ONLINE

Joint Base
McGuire-Dix-Lakehurst
Most articles and announcements published in the Air, Land & Sea Times are available online at the JB MDL public Web site.

For up-to-date joint base news & info visit:
www.jointbasemdl.af.mil



Focus on safety as summer draws to a close

By Lt. Col David Brickley
Joint Base McGuire-Dix-Lakehurst
Safety Office

Ten. That's just how many days are left until Labor Day, 2012. And there are only 29 days until the first day of Fall. But there is still plenty of summer-like weather left and plenty of opportunities to enjoy the outdoors. This year, the Air Force Safety Center decided to forgo the normal "101 Critical Days of Summer" campaign and simply call it the "Critical Days of Summer" — a recognition that summer-like weather and activities go on past Labor Day, and so does the potential for summer-like mishaps.

The Air Force is having a challenging summer season with mishap rates in many categories close to where they were last year. Since Memorial Day we've lost 13 fellow Airmen to fatal mishaps, all off-duty. If there is a positive statistic in that, only one involved alcohol. Seven others involved motorcycles, with

four of them being loss of control or excessive speed. We're on par with where we were last year. With four weeks to go in the summer season.

Here at Joint Base McGuire-Dix-Lakehurst, I will take a chance and say we are beating the odds, with summer mishaps low and none fatal. This is no doubt due to our commanders' tremendous focus on safety and a great culture we've developed which hopefully provides our soldiers, sailors, airmen, Marines, Coast Guardsmen and civilians with tools and support for making smart decisions both on and off duty.

As an example, the 108th Air Refueling Wing conducted a Safety Down Day June 6, providing more than 1,000 total hours of safety-related training across a variety of subject areas to their people. Mr. Ken Holkway, the 621st Contingency Response Wing Safety Manager, has been working hard to merge his Safety program with the 615th

Contingency Response Group at Travis Air Force Base, Calif., which was recently realigned under the 621 CRW. FRC-East Commanding Officer, Cmdr. Frank Seguin has focused on the human-machine interface and developing a sound operational risk management program, which highlights the importance of a total organizational commitment to safety.

The Joint Base Safety office brought the Street Smart presentation to the Joint Base in early June, and provided safe driving training to more than 1,600 Joint Base members. Clearly traffic fatalities are the leading type of fatality each and every summer. While all safety is crucial, making smart driving choices will go a long way toward keeping our forces safe both on and off duty. First and foremost, don't drink and drive! People continue to believe they're "ok" if they've only had one or two drinks, or drink beyond the point of making any good decisions while still keeping their car keys

within reach. Neither of these actions is smart, nor will do anything to prolong your life. Secondly, don't get into a car with someone who's been drinking and think you will be a "safety observer" ... you may just end up as a witness, if not a victim.

The Critical Days of Summer will continue beyond Labor Day. In this region, weather will be nice enough to enjoy outdoor activities into late October, and perhaps beyond. The "official" end of summer is no time to take the focus off safety, or let up one bit in making smart choice and using the Wingman concept to help your friends make smart choices. No people who have been involved in mishaps thought it could happen to them, or went out intending to get into the mishap. It's always the things we don't plan for, the unnecessary chances we take that get us in trouble. Be a smart military member. Be a good wingman/battle buddy/shipmate/friend. Keep the focus on safety!

Command Master Chief sails into sunset



Command Master Chief Herbert Kelton, Naval Support Activity Lakehurst, is piped ashore for the final time by the Boatwain's Mate and saluted by the sideboys during his retirement ceremony Aug. 17 at the Lakehurst Gym after 30 years of service. Command Senior Chief Yolanda Gooding will take Kelton's place. The term piping is derived from the use of the Boatwain's pipe during the rendering of honors. It is a ceremonial custom that has evolved from a practical custom of sailing ship days when there were no gangplanks and the means of reaching the deck was by rope, ladder, or boatwain's chair. The Boatwain's Mate would begin to blow his pipe when the visitor was ready to be hoisted up, and continue until the visitor was safely aboard or ashore. (U.S. Air Force photo by Wayne Russell/Released)

Volunteers: extend helping hand, ear

By Capt. Martha L. Petersante
378th Air Expeditionary Wing Public Affairs

TRANSIT CENTER AT MANAS, Kyrgyzstan — Volunteerism. All of the services define this word slightly different; some incorporate this concept into their core values, but all have this belief intertwined into their fundamental guiding principles. It's not uncommon to see service members exhibiting this trait in myriad ways, both at home station and in a deployed environment.

But what motivates a person to put something above themselves, be it a cause, a belief or another person? Are we all driven to do this at some level?

I pondered those questions as I boarded the transportation to travel into Bishkek on a trip destined for a local women's crisis center and shelter. Here, I had the opportunity to see some of the Transit Center at Manas' volunteers out in full force, forging partnerships within the local community, one smile at a time.

Even though a language barrier existed, that didn't stop this excited group of Airmen from taking time out of their busy daily schedules to travel to the center and identify ways to help through volunteering.

The group, a melting pot of jobs, ranks and ages, first stopped at a local grocery store to purchase food and other basic supplies for the shelter residents. I learned this is just part of "the routine" and a standard practice when they visit. The group oftentimes calls ahead to see what the residents are in need of — today it was diapers, personal hygiene products, milk and rice.

Bags loaded, the group travels to the crisis center, which is currently under renovation. Experts in the fields of construction (specializing in plumbing and electrical) and contracting quickly take charge and begin to talk to the local contractor and ensure the project is moving along smoothly. Of course, the team identifies that there is more they can do, such as yard work to facilitate an area for children to play outside. When can we start? How quickly can we get a team together? These common questions fly around the room as the group

See **VOLUNTEERS**, Page 10



Jocelyn Stainback sings "Someone Like You" during the Air Mobility Command's AMC Icon singing competition Aug. 16 at Tommy B's Community Activities Center here. Stainback, a college student from Colorado Springs, Colo., and wife of 1st Lt. Bill Stainback, 2nd Air Refueling Squadron KC-10 pilot, earned first place and won \$500. Her status as a civilian won't allow her to progress to the command level even though she won at the local competition as only active duty Air Force can advance the final round in Scott Air Force Base, Ill. Stainback also took first place in the Army's Operation Rising Star and received another \$500. She has the opportunity to advance to the finals in that competition held in Fort Sam Houston, Texas. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



Senior Airman Benjamin Florez, a ramp specialist or "port dawg" with the 305th Aerial Port Squadron, originally from El Paso, Texas, sings "If I ain't got you" during the AMC Icon singing competition Aug. 16 held at Tommy B's Community Activities Center. Although Florez took second place, earning \$300, he will be heading to the next stage of competition at Scott Air Force Base, Ill., because he is active duty Air Force and first place went to a military spouse. Florez earned \$300 with his second place finish. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

Stars, Icons, sing for glory, prizes

By 2nd Lt. David J. Murphy
Joint Base McGuire-Dix-
Lakehurst Public Affairs

An electric buzz drifted through the air moments before two different singing competitions began Aug. 16 and 17 at Tommy B's Community Activities Center here.

The 87th Force Support Squadron hosted two service-specific singing competitions. The Air Force's Air Mobility

Command-sponsored AMC Icon while the Army sponsored Operation Rising Star.

Icon, a one-day event held Aug. 16, featured ten Air Force and Army service members and their families. Icon is open to service members or authorized 87th FSS patrons over the age of 18 but only active-duty Air Force can advance to the next round at Scott Air Force Base, Ill.

Three individuals from JB

MDL served as judges for both competitions.

Contestants were judged on a number of different factors to include intonation, tone quality, precision, presence, appearance and poise. Judges also verbally critiqued each contestant after his or her performance.

"This is a wellspring of talent," said Washington. "There were a variety of styles on display and the winners were outstanding."

You could really see who exhibited a sense of control."

Jocelyn Stainback earned first place in the AMC Icon. Stainback is the wife of 1st Lt. Bill Stainback, 2nd Air Refueling Squadron KC-10 Extender pilot, from Colorado Springs, Colo. Stainback won \$500 which she plans to either invest or spend. Although she won the local competition, her status as a civilian won't allow her to progress to the command

level.

"It's amazing; I'm honestly in shock," said Stainback. "I used to sing choir in high school, but this is my first time competing. I think I'll do more competitions to get more experience."

Senior Airman Benjamin Florez won second place, earning \$300. He will be heading to the next stage of competition because of his active-duty Air Force status. Florez is a ramp specialist or "port dawg" with the 305th Aerial Port Squadron, originally from El Paso, Texas.

"It's very humbling," said Florez, who has no formal music training. "I'm just happy to get the chance for more exposure."

Staff Sgt. Oliver Dagum, training instructor with the 305th APS, won \$200 for placing third in the contest. Dagum is originally from Tulsa, Okla.

The Rising Star competition

was a two-day event. Semifinals kicked off the show Aug. 16 and concluded with finals on Aug. 17. Like AMC Icon, this competition was open to service members, DOD employees and their families 18 and older, but anyone could potentially go to the next round in Fort Sam Houston, Texas.

Ten contestants, many of whom also competed in AMC

Icon, sang in the Rising Star a cappella round. Those 10 were cut down to six who competed Aug. 17.

The Rising Star competition followed the same format as AMC Icon. Singers performed with musical accompaniment, however; half the scoring vote came from the audience. Audience members who ordered meals were given an opportunity to cast a vote for their favorite singer.

Stainback again took first place in Rising Star winning \$500. Amber Jeffries, who was last year's Rising Star winner, took second place, earning \$250. Jeffries is a biology student and daughter of Master Sgt. Donna Jeffries, 514th Air Mobility Wing Public Affairs superintendent. Third place went to Senior Airman Clara Arias-Benerson, 305th Maintenance Squadron munitions inspector, from Fayetteville, N.C., who earned \$100.

"Honestly I had a rough time with the song choice this time," said Stainback who sang "God Bless America." "I came here at 3 p.m. not knowing what song I was going to sing; I just settled on this one because I knew the words. I'm really grateful for this opportunity and I'm really excited. It's been a lot of fun."

Stainback's performance will be sent to Rising Star organizers and compared with other winners from around the world to determine if she will earn a spot to compete in the top 12 final round at Fort Sam Houston, Texas, in December.



First Lt. Mike Washington, 87th FSS community services flight officer, critiques a contestant Aug. 16 during the AMC Icon Competition held at Tommy B's Community Activities Center. Washington, originally from Fayetteville, N.C., judged the competition with Sgt. 1st Class Eric Turner, Joint Readiness Center noncommissioned officer and South Philadelphia native and Ardith Bowers, a retired entertainment specialist originally from Lake County, Ill. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

NJUCA

NEW JERSEY UNITED CHRISTIAN ACADEMY

73 Holmes Mill Road, Cream Ridge, NJ 08514

Phone: 609-738-2121 Fax: 609-738-2151

Website: www.njuca.org Email: info@njuca.org

Christian Middle and High School (Grades 6-12)

Academics rooted in Biblical principles

- Christian Leadership Development Programs
- Sports, Music, & Drama Programs, Technology Classes
- Honors, AP and College Prep Courses Offered
- Personal Attention, Individualized Curriculum



ENROLL NOW FOR THE 2012 - 2013 SCHOOL YEAR!



Calvary Baptist Church
Where Ministry Happens

5 Scrapetown Rd., Pemberton, NJ
609.894.8260
cbc.pemberton.org

Sunday Worship Services
11 am - 6 pm
Wednesday Prayer, Youth & Teen Mtgs.

Jacobstown Baptist Church
49 Jacobstown Ameytown Rd., Wrightstown 08562
TEL: 609-758-5007 www.jbcchurch.org

Our Services
Sun. Worship 10:00 AM
Sun. School 9:00 AM
Sun. Youth Group 5:30 PM
Wed. AWANA 6:30 PM
Wed. Prayer Mtg 7:00 PM
Offering contemporary & traditional styles of worship.

New Service Times
8 minutes from MDL

SecDef's joint-basing expert visits Charleston

By Airmen 1st Class Tom Brading
Joint Base Charleston Public Affairs

JOINT BASE CHARLESTON, S.C. — Joint basing is a lot like family. A family, like the military, finds their strength through the loyalty they have for each other. They can also experience growing pains and be tested to overcome obstacles.

Nobody knows this more than Col. Charles Perham, Office of Secretary of Defense, Pentagon, Washington, D.C. He is both a family man and works as deputy director of basing, which oversees 12 joint bases throughout the Department of Defense, including Joint Base Charleston.

Perham visited JB Charleston Aug. 8 through 10, where he met with various Airmen and Sailors from the Air Base and Weapons Station, and the highlight of his visit was a presentation to Team Charleston leadership titled 'Joint Basing 101.'

Perham first met with Team Charleston leadership Aug. 9, as he visited JB Charleston — Weapons Station commands: he toured Wharf Alpha, the Nuclear Power Training Unit, Naval Munitions Command and Army Strategic Logistics Activity Charleston.

"Joint basing aims at innovation," said Perham. "It uses indirect and direct practices to hit targets, such as financial and mission efficiency."

Indirect practices cannot be measured or determined through charts and graphs said Perham. However, they are just as important. Indirect practices are found in the day-to-day activities of JB Charleston Airmen and Sailors. One example of this practice could be a Sailor and Airman using their different military backgrounds to overcome one challenge as a team.



Col. Charles Perham, deputy director, basing at Office of the Secretary of Defense, Pentagon, Washington, D.C., speaks with Joint Base Charleston leadership Aug. 9, during his visit to Joint Base Charleston, S.C. Perham visited different units of the installation Aug. 8 through 10 on the Air Force Base and the Naval Weapons Station to discuss matters of joint basing. (U.S. Air Force photo by Airmen 1st Class Ashlee Galloway/Released)

The direct practices are through manpower and measured performance. JB Charleston supports 53 Department of Defense and federal agencies, along with nearly 80,000 Airmen, Sailors, Soldiers, Marines, Coast Guardsmen, civilians, dependents and retirees.

"Although JB Charleston supports every branch of the military, their individual cultures are important to preserve," said Perham. "Communication among the respective services is paramount, but doesn't have to compromise the service's heritage."

The goal of joint basing is efficiency, said Perham.

"Change is difficult," said Perham, in regards to joint basing. "Oftentimes, there can be growing pains, such as various services having different sets of requirements for things like inspections to policy writing; it's been challenging. However, being nearly two years into joint basing here, look at the ground that has been harvested."

Perham's expectation for JB Charleston in the future is to become a more bonded 'joint base family'.

Although more American bases around the world could become joint installations in the future, there are currently no plans in action.

"Joint basing is here to stay," said Perham. "JB Charleston is an excellent example of joint basing, and it's the responsibility of everyone here to educate others, outside of Charleston, on how joint basing works. The common output level standards performance numbers, required of each joint base, show us, at the Pentagon, how well Joint Base Charleston is working. It also indicates how well Joint Base Charleston will flourish in the future."

COLS performance assessments are measured quarterly and act as a "base report card" showing how well the base operates as a whole. Joint Base Charleston continues to score well in every category.

"The number of tenant units at Joint Base Charleston make joint basing here challenging, but also a unique experience," said Perham. "The men and women here are doing an amazing job at making joint basing work. They should hold their head high in knowing that they're performing ahead of their peers, and their successes are something to be proud of."

First female four-star general retires from Army

By C. Todd Lopez
Army News Service

WASHINGTON — The first woman to serve as a four-star general in both the Army and the U.S. armed forces, Gen. Ann E. Dunwoody, retired Aug. 15 after nearly 38 years in uniform.

"Ann is a leader who lived our Army values, who always led from the front, who dedicated herself to the profession of arms," said Chief of Staff of the Army Gen. Ray Odierno, who hosted the retirement. "In my mind, Ann Dunwoody is the epitome of the Army professional."

Dunwoody joined the Army in 1974, and was commissioned as a second lieutenant in the Women's Army Corps in 1975. Her first assignment was as supply platoon leader, 226th Maintenance Company (forward, direct support), 100th Supply and Services Battalion (direct support), Fort Sill, Okla. She's served at every level of command since then.

"Her true legacy and reward will be the thousands of Soldiers and civilians whose lives she has touched through the span of her career," Odierno said during a ceremony at Summerall Field at Joint Base Myer-Henderson Hall, Va., near the Pentagon.

Most recently, Dunwoody served as commander of the Army Materiel Command, one of the largest commands in the Army. The command employs more than 69,000 employees across all 50 states and 145 countries.

"It was Ann's most recent role, as commander of the AMC, in which she unified global logistics in a way that has never been done," Odierno said. "She capitalized AMC's fundamental logistics functions to maximize the efficiency and services they provided — of supply, maintenance, contact support, research and development, base and installation support, and deployment and distribution. She connected AMC not only to the Army, but ensured the joint force was always ready and supplied as well."

Odierno assured Dunwoody that she has left a mark on the Army — and changed it for the better.

"You have shown pride in your units, you have challenged your subordinates, you have been loyal to your leaders, you have been a friend to your colleagues, and you have been a selfless servant to those who have been placed in your charge," Odierno said. "You have made every unit you have been in a better unit. Your legacy is clear."

Dunwoody was promoted to general in 2008. She was the first woman in the U.S. military to be promoted to that rank. Odierno said that while the promotion is significant for women, Dunwoody didn't get it because of her gender, but because of her performance.

"It wasn't because you were a woman, it was because you were a brilliant, dedicated officer, and you were quite simply the best logistician the Army has ever had," Odierno said. "You have set the shining example for all Soldiers, especially our young leaders."

An Army brat, Dunwoody said she moved all over the world with her father, who was also an Army officer and who retired as a brigadier general.

On the occasion of her retirement from the Army, she said, it's been easier for her to think about leaving than to talk about it.

"Thinking about it is fun, talking about it is very hard," she said. "And the reason it's so hard comes down to one word: Soldiers."

Referring to those Soldiers on the parade field from the 3rd U.S. Infantry Regiment (The Old Guard), she spoke more broadly of all the Soldier's in the Army.

"These Soldiers represent the finest in our Army, the Army that I love so much," she said. "It's a profession and an institution that has been a part of me since the day I was born."

"From the very first day that I put my uniform on, right up until this morning, I know there is nothing I would have rather done with my life," she said. "Thank you for helping me make this journey possible."

Dunwoody's husband, retired Air Force Col. Craig Brochie, along with many of her family and friends — some going back as far as the fourth grade, attended the retirement ceremony.

"I promise now that I'm retired, I have a lot more time to be a better sister, a better grandma, and a better friend," Dunwoody told them. "I can't wait."

The outgoing general also thanked her husband. "I won't even try to put in words what our life together has meant," she said. "Thank you. I love you. And I know you, me and Barney (their dog), have plenty of more miles to go."

According to Odierno, a member of the Dunwoody family "has served in every great conflict since the Revolutionary War."

Her great-grandfather was a veteran of the Spanish-American war, and a Signal Corps officer. Dunwoody's own father, Brig. Gen. Harold Dunwoody, was a veteran of World War II, the Korean War and the Vietnam War.

Dunwoody thanked her father, who could not be in attendance, for the influence he had on her.

"My own personal hero is my dad, he is a proud WWII, Korea, Vietnam veteran," she said. "And he was a real Soldier's Soldier. And much of who I am is founded on what I learned from my dad — as a Soldier, as a patriot and as a father."

Also thanking her mother, Dunwoody said "I got my faith, energy, and my love of sports from my mom."

Dunwoody said during her military career, she's never worked for a female boss.

"I've always had male bosses who have coached me, mentored me and influenced my career as a Soldier," Dunwoody said. "[They] gave me opportunities that I know if left to the bureaucracy would have never happened. [They are] leaders who opened the doors for me, leaders who looked beyond gender, leaders who could see something in folks that didn't look like they do. Without their help, I know I would not be standing here today."

When Dunwoody first became a Soldier, women served in the WAC and "it was not equal," she said. But much has changed since then.

"Over the last 38 years I have had the opportunity to witness women Soldiers jump out of airplanes, hike 10 miles, lead men and women, even under the toughest circumstances," she said. "And over the last 11 years I've had the honor to serve with many of the 250,000 women who have deployed to Iraq and Afghanistan on battlefields where there are no clear lines, battlefields where every man and woman had to be a rifleman first. And today, women are in combat, that is just a reality. Thousands of women have been decorated for valor and 146 have given their lives. Today, what was once a band of brothers has truly become a band of brothers and sisters."

Dunwoody and her husband will retire in Florida. Visit the homepage at www.army.mil/ARNews, or Facebook at www.facebook.com/ArmyNewsService for more ARNEWS stories.



Time to quit smoking?

The Health and Wellness Center can put you on track. Call 754-2462 for more information.

HANOVER DENTAL CENTER

"Gentle Dental Care that will keep the Whole Family Smiling!"
609-723-9800

- ☆ Most Insurance Welcome
- ☆ Amerigroup, Healthnet, VHP Accepted
- ☆ Military Insurance Accepted
- ☆ Fillings, Extractions, Root Canals
- ☆ Dentures, Implants, Children's Dentistry
- ☆ Some Saturday and Evening Hours

Located Minutes from McGuire AFB and Ft. Dix
In the Ames Shopping Plaza



Captain America, Avengers back in free comic book

By Staff Sgt. Mark Matthews
AFAPES

DALLAS — What's in the case? Why are the contents so top secret not even the commander is privy to its existence? Why is it secretly being hand carried by a noncommissioned officer? These answers and more are available for free at Exchange Stores worldwide in the latest installment of the free military-only "Avengers" comic book provided by the Army & Air Force Exchange Service and Marvel Custom Solutions.

"The level of cooperation and commitment between Marvel and the Exchange is outstanding," said Chief Master Sgt. Tony Pearson, Senior Enlisted Advisor for the Exchange. "This is the 13th comic book we've worked on together and my hope is there are many more to come."

"All of us here at the House of Ideas greatly respect and admire the actions that the men and women of the U.S. military perform every day to ensure our freedom," said Marvel Custom Solutions Editor Bill Rosemann. "The world saw the Avengers assemble in the record-breaking



(Courtesy graphic illustration/Released)

movie, but now only the real-world heroes of the military get to enjoy this all-new, action-packed adventure by the all-star creative team including writer William Harris, penciler Tom Raney and cover artist Alan Davis.

This 22-page story tells the tale of a message intercepted by the Super Villain mercenary squad, Serpent Society, stating that a

package of unknown contents is being transported from Afghanistan to America by Sgt. Joe Wilson. As a group of Soldiers, along with Wilson, are returning home from deployment at the Atlanta International Airport, the Serpent Society attacks, seeking the case which they believe will grant them a fortune. It doesn't take long for Captain America, the other Avengers and the returning service members to spring into action to protect innocent civilians and the secret contents of the case.

Captain America, Iron Man, Hawkeye, Thor, the Hulk and a plane full of Service Members stand ready once again to protect America from the ill will of the Serpent Society. However, this time the hero of the moment is a noncommissioned officer and his unwavering determination to complete his "top secret" mission and deliver the precious cargo.

Marvel and the Exchange have printed one million copies of the free comic book and are currently available at Exchange stores worldwide while supplies last.

"These comic books are a great medium for us to show our

appreciation and gratitude for U.S. service members," Pearson said. "This particular story is one of duty, integrity, loyalty and courage, something all Soldiers and Airmen can personally connect with."

Looking for a great church??



You will find it at 527 Sylvestre Road
Wrightstown, NJ 08562

Look for the Steeple Mins from Base
AMBASSADOR BAPTIST CHURCH

- "ABC is a new church that..."
- Has enthusiastic preaching by Dr. Douglas E. Whitelock, Pastor
- Strengthens Families
- LOVES Good Christian Music
- Provides Caring Personal Relationships
- Obeys the Bible
- Believes in GOD & our Military
- Come & See "ABC"
- Sunday 10am or 6pm
- Wednesday 7pm
- Office: 609-728-5500
- Pastor Doug Clark 201-841-5080



Emergency /
Walk-Ins
Welcome

Suluki Dental Associates

Dentistry for the Whole Family

- Implants
- InVisalign
- Cosmetics Restorations
- One Visit Whitening
- Same Day Denture Repairs
- Orthodontics

NEW PATIENTS WELCOME!

Monday & Tuesday 9-6, Wednesday 9-6, Thursday 9-6, Saturday 9-1 (1st & 3rd only)
Korean, Spanish, French, Hindi, Gujarati

Visit us: www.sulukidental.com

Sunset Professional Building
215 Sunset Rd., SUITE 308
WILLINGBORO, NJ 08046



609-835-4043

AFPC officials streamline PCS-orders process

By Tech. Sgt. Steve Grever
Air Force Personnel Center Public Affairs

Air Force Personnel Center officials at Joint Base San Antonio-Randolph, Texas, have centralized how Permanent Change of Station orders are processed, validated and authenticated.

The Total Force Service Center-San Antonio has been managing the PCS orders process since Oct. 2011 and has authenticated more than 82,000 orders and 19,000 amendments. The PCS orders and authentication program was managed by base-level military personnel sections and force support squadrons before October.

"We centralized the PCS orders process because it saved money for the Air Force," said Master Sgt. Melissa Rose, TFSC-SA assignments section manager. "By managing the process here,

we are able to catch a lot of mistakes that base-level MPs weren't catching. We are also saving man hours as well because we don't have to do as many amendments to correct entitlement mistakes on PCS orders."

MPs currently approve PCS orders while TFSC-SA representatives validate and authenticate them. The entire process now takes two to three days and Airmen are getting their PCS orders about 120 days before their projected departure dates, which is 30 days faster than when the process was managed at base-level MPs. The TFSC-SA is also taking on these additional responsibilities with no additional manpower or funding.

"There are 82 MPs in the Air Force with about five to six people managing relocations and we are doing it with a staff of 10 personnelists," said

Senior Master Sgt. W. T. Littlejohn, TFSC-SA transitions superintendent. "The difference is we are using better technology combined with our on-line capabilities to manage the workload and be more efficient."

A team of personnelists spent three months developing an updated Personnel Services Delivery guide to get the process up and running at the TFSC-SA. This provided specific guidance and instructions to the Air Force personnel community on how PCS orders were going to be processed and authenticated. The PSD guide also outlined the roles and responsibilities for program managers at AFPC and base-level MPs.

"The process was new last October, so we had to make sure our team understood all the policies and regulations that governed what Airmen were authorized on their PCS orders," said Tech. Sgt.

Carlton Carter, TFSC-SA day shift assignments supervisor. "We spent about three months reviewing orders that had been previously authenticated to see what types of errors were being made. After that, we were able to develop our own internal processes to manage the program here."

The transition to centrally managing the PCS orders process is almost seamless for Airmen who are using the TFSC-SA for personnel assistance.

"As long as Airmen meet all their PCS requirements, they won't see any differences as to who is processing their orders," said Littlejohn. "They get guidance and assistance on the PCS orders process through Tier 0 and 1 support at the TFSC-SA and myPers website."

Visit the myPers website at mypers.af.mil for general information about personnel services and programs.

together
for freedom
support our troops

Moms Know Better Cleaning



A Clean Home is a Happy Home

Specializing in Fort Dix and McGuire
Move Out Cleanings!

- Reasonable rates • Weekly, biweekly, monthly
- Move out Cleanings

610-732-7342

www.momsknowbettercleaning.com

Quality Auto Body

Family Owned & Operated

Since 1968 we have proudly served the Burlington County area.
We are committed to complete customer satisfaction.
First licensed shop in New Jersey: No. 00001A

609-386-6666

4510 Rt. 130 • BURLINGTON, NJ 08016
www.qualityautobodyburlington.com

Repici's Auto Repair Shop

Quality Work
Towing

1613 Columbus Road
Burlington, NJ 08016

Phone: 609-387-0924

Hours: Mon - Sat 8AM - 7PM

TILGHMAN FUNERAL HOME

52 Main St., New Egypt, NJ 08533
Dennis B. Tilghman, Mgr., N. J. Lic. 4230
609-758-8500

WEBER FUNERAL HOME, INC.

Thomas E. Weber
Senior Director/Manager • NJ Lic. No. 2605
Past President of Men's Auxiliary Post 3020

Thomas E. Weber, Jr. - Director • NJ Lic. No. 4379

Family Owned & Operated
Pre-Arranged & Pre-Funded Funeral Options Available
Handicap Accessible Facilities

(856) 829-2700

112 Broad Street • Riverton, NJ 08077

Serving All Faiths Since 1965

BIBLE

BAPTIST CHURCH

(609) 758-7667

www.BBCNewEGPT.com



BROWNS MILLS DENTAL CENTER

- ASAD S. SADIO, D.M.D.
- BENJAMIN NERO, D.M.D.
- THERESA MARTINEZ, R.D.H.
- MALA SIEWNARINE, D.M.D.
- KUEILING LIN, D.M.D.
- PRAMIDA PULSANI, D.M.D.

55 Pemberton-Browns Mills Rd.
Browns Mills, NJ 08015
(609) 893-5200 Fax 893-7271

EST. 1827



83 Years of Personalized
Service

Chadwick Memorial Home

Pre-Arranged

Pre-Funded

Donald J. Chadwick
Proprietor
N.J. Lic. #2531

154 Webster Street
Riverside, N.J.
Handicap Facility

General & Cosmetic Dentistry For The Entire Family

Scott A. Blum, DMD
Florence Family Dental, PC

180 Delaware Avenue • Florence, NJ 08518
Office: 609-499-4915 • Fax: 609-499-4120

3.5% Sales Tax

HIGHWAY TIRE

609-267-5300

(FAMILY OWNED & OPERATED)
1661 Route 38
Mt. Holly NJ
08060

GOODYEAR
#1 in Tires

LUCAS

Chrysler • Jeep • Dodge
Family

1624 E. Rt. 38, Mt. Holly, NJ 08060

(609) 267-3400 www.lucasars.com

MATHIS FUNERAL HOME

Kathy Mathis Gerber NJ Lic No 4188 Scott C. Larkin NJ Lic No 4447
Carl J. Hannon, Mgr NJ Lic No 4180

"Our Family Serving Yours"

MATHIS FUNERAL HOME

58 North Main Street
Medford, New Jersey 08055

Phone: 609-654-2439 Fax: 609-654-1486

Email: info@mathisfuneralhome.com

1402 Salem Road
Burlington, NJ 08016

Office: 609-387-3649
Fax: 609-387-3229

Stephen J. Wenger

Attorney at Law

swenger@stevewengerlaw.com
Stephenwengerlaw.com



Assisting veterans and their families

To advertise in this directory, please call Nancy Smith at 609-871-8103 or email nsmith@phillyburbs.com

Liberty Warriors complete Operation Sustainment Warrior

By Army Staff Sgt. Neil W. McCabe
77th Sustainment Brigade Public Affairs

Ten months after the Soldiers of the 77th Sustainment Brigade returned from Iraq, they mustered at Joint Base McGuire-Dix-Lakehurst, N.J., for the Operation Sustainment Warrior exercise Aug. 5 through Aug. 19.

"This OSW exercise was designed to drill individual Soldiers and collected crews of Soldiers in a simulated combat environment," said Army Col. Joyce Junior, the brigade commander.

The exercise included Soldiers from as far away as Maine and Virginia, who are assigned to either the brigade's command element or one of its down trace units.

"I want my Soldiers to focus on building proficiency and esprit de corps, while they are here," said Junior.

The colonel said she was grateful for the hard work that went into planning the different training lanes at the exercise, which included dismounted patrol through a mock Afghan village, learning to survive truck rollovers while inside a Humvee cabin suspended in a large mechanical hoist and moving as a squad inside a computer game-like experience.

Exercises like OSW are necessary to keep Army Reserve Soldiers up to the challenge of being a part of the operation Army, she said. Observers from other Army Reserve units have come to OSW to pick up lessons learned and best practices in addition to other senior Army leaders and members of the civilian Army Reserve Ambassador program, she said.

Army Cpl. Joshua J. Burbank, 220th Transportation Company, based in White River, Vt., said his favorite part of the exercise was the dismounted patrol through the joint base's Buena Vista Range.

"They just drove us up in a bus and as soon as we got off the bus, it was 'Game on!'" he said.

After they were dropped off, the Soldiers functioning as an infantry squad, moves along a wooded road until they come upon the small town.

Burbank, who deployed twice to Iraq with the 220th TC in 2006 and in 2010, said going through the village was a great way for Soldiers to practice their tactics and techniques. Burbank said as a team leader he was one of two Soldiers, who met with the village's "mayor." The team lead position also gave him his first opportunity to lead Soldiers in a combat-like environment.



Two Soldiers role-playing as villagers- insurgents ambush Liberty Warrior Soldiers of the 77th Sustainment Brigade in a mock Afghan village Aug. 14. The training was part of the brigade's Operation Sustainment Warrior exercise Aug. 5 to 19 at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Army photo by Staff Sgt. Neil W. McCabe/Released)

The Soldier playing the village mayor was Army Staff Sgt. William E. Mack, who is assigned to the brigade headquarters on Dlx. Mack said he got the job by default. He was the only one without a role after all the other roles were handed out and the mayor had not been picked yet.

Sometimes when a group of Soldiers comes through the village they have trouble buying into the scenario, at first, said Mack.

"It isn't until they got to see the town everything started coming together," he said.

Mack said as the mayor he can either help the squad with correct information about insurgent activity or give them bad information that will lead them into an ambush.

"It all depends on how they treat me," he said.

"If they speak to me respectfully, without drawing weapons or throwing me up against the wall, things like that, if they respect my customs, I will respect them by giving up information," said Mack.

The patrol then proceeded through the village populated with 77th Soldiers playing townspeople and insurgents after leaving the mayor, he said.

Col. Stephen J. Falcone, who commanded the brigade in Iraq, said the exercise had two basic goals.

"The first thing is to create an event, where the Soldiers remember why they joined the Army and why the Army is fun to be in," said Falcone, who is now the commanding officer of the 316th Sustainment Command's rear detachment, while the command is forward deployed in Kuwait.

The schedule was created to give the personnel the chance to meet Soldiers from different units of the brigade in addition to training the Soldiers, he said.

The second purpose of the exercise was to teach Soldiers how to save a life, he said.

Whether it is the combat lifesaver course or marksmanship, each of the skills taught at the exercise will help the Soldier not only save his own life, but the lives of his buddies, he said.

108th CRG alimen participate In Eagle Flag 12-4



Staff Sgt. Armando Vasquez, right, 108th Contingency Response Group Public Affairs, briefs an exercise role player during Eagle Flag 12-4, the initial verification exercise for the CRG at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 18. The exercise tests the 108th CRG's ability to create and run a Joint Task Force-Port Opening under bare base conditions. (U.S. Air Force photo by Master Sgt. Mark Olsen/Released)

Ours was earned in Iraq. By our mom.

Yahira & Aiyanna S., future USAA members

USAA Auto Insurance. Earned once. Cherished from generation to generation.

At USAA, our commitment to serve the financial needs of our military members, veterans who have honorably served and their families is without equal. In fact, families regard USAA Auto Insurance so highly, 95% of USAA members plan to remain with USAA for life.¹

Begin your legacy. Get a quote.

usaa.com/insurance | 800-531-3550

Insurance Banking Investments Retirement Advice



We know what it means to serve*

¹Based on 2010 Member Communications Trend Survey.

Use of the term "member" does not convey any legal, ownership or eligibility rights for property and casualty insurance products. Ownership rights are limited to eligible policyholders of United Services Automobile Association. The term "honorably served" applies to officers and enlisted personnel who served on active duty in the Selected Reserve or in the National Guard and have a discharge type of "Honorable." Eligibility may change based on factors such as marital status, rank or military status. Contact us to update your records. Adult children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto or property insurance. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Guardian Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2012 USAA. 139271-0712

'Big Apple' goes blue



Yankee Manager Joe Girardi thanks the Portraits in Courage Airmen at Yankee Stadium before the Yankees vs. Red Sox during Air Force Week in New York City Aug. 18. Air Force Week is a program endorsed by the chief of staff of the Air Force. This event provides the opportunity to show and tell civic leaders, opinion leaders and the general public what the Air Force does, while at the same time, demonstrating the service's gratitude to the communities which support the Air Force by engaging in events that help give back to the community (U.S. Air Force photo by Master Sgt. Jeremy Lock/Released)



Staff Sgt. Carey Tignor, a military working dog handler with the 1st Cavalry Division, holds Sultan for an off-camera photographer during Air Force Week. Several MWD demonstrations took place during Air Force Week. (U.S. Air Force photo by Master Sgt. Jeremy Lock/Released)



The 108th Rescue Wing of the New York Air National Guard performs a water rescue demonstration with an HH-60 Pavehawk helicopter during Air Force Week in New York City Aug. 19. (U.S. Air Force photo by Senior Airman Andrew Lee/Released)



Airmen from Joint Base McGuire-Dix-Lakehurst take photos of the newly finished 9/11 Memorial in New York City Aug. 20. Airmen were given the opportunity to visit locations around the city during Air Force Week. (U.S. Air Force photo by Senior Airman Andrew Lee/Released)



The U.S. Air Force Color Guard prepares to post colors for the 2012 in New York City Aug. 19. The ceremony included other top Air Force leaders as a flyover by the Air Force's Thunderbirds aerial demonstration team. (U.S. Air Force photo by Master Sgt. Jeremy Lock/Released)

e for Air Force Week



87th Security Forces Squadron here week at Pier 86 in New York City Aug. 19. U.S. Air Force photo by Staff Sgt. Amanda



Senior Master Sgt. Wayne Hanna, 78th Air Refueling Squadron KC-10 Extender flight engineer, looks at the photos of the missing and dead men, women and children from the terrorist attacks at the World Trade Center Building at the 9/11 Museum Aug. 20 in New York City. (U.S. Air Force photo by Senior Airman Andrew Lee/Released)



opening ceremony of Air Force Week Air Force and local civic leaders, as well n team. (U.S. Air Force photo by Master



Air Force Week 2012 attendees walk around and look at the available events on Pier 86 in New York City Aug. 19. There were also interactive displays featuring the Air Force Recruiting Service exhibit "Command Center Alpha," a 3-D tour that includes computer graphics, videos and a Thunderbird display. (U.S. Air Force photo by Master Sgt. Jeremy Lock/Released)



Joint Base McGuire-Dix-Lakehurst Airmen, local residents and tourists wait for the movie, Red Tails, to play at Pier 86 during Air Force Week 2012 in New York City Aug. 20. The Movie represented Tuskegee Airmen missions in World War II. More than five Tuskegee Airmen were present for the event. (U.S. Air Force photo by Senior Airman Andrew Lee/Released)



Airmen from Joint Base McGuire-Dix-Lakehurst tour the 9/11 Memorial in New York City Aug. 20. Airmen from the joint base attended several events across NYC during Air Force Week 2012. (U.S. Air Force photo by Staff Sgt. Amanda Dick/Released)



A member of the Air Force Drill Team walks through twirling rifles during a performance on Pier 86 in New York City Aug. 19. The opening ceremony at the Intrepid Sea, Air and Space Museum on Pier 86 marked the start of Air Force Week here, three days of events aimed at showcasing the Air Force, and its men and women, in front of an audience of more than eight million New Yorkers. (U.S. Air Force photo by Master Sgt. Jeremy Lock/Released)

Joint Base Intramural Sports Standings

McGuire-Dix Intramural Golf

Team	Win	Loss	Tie	PCT
87th FSS	15	1	0	0.938
621st CRW (A)	12	4	0	0.750
621st CRW (B)	11	5	0	0.688
605th AMXS	11	5	0	0.688
373rd TRS	10	6	0	0.625
305th APS	8	8	0	0.500
87th CS	8	8	0	0.500
305th OSS	8	8	0	0.500
305th MOS	10	6	0	0.625
732nd AS	9	7	0	0.562
305th MDS (A)	10	6	0	0.625
305th MDS (B)	7	9	0	0.438
87th LRS	8	8	0	0.500
305th AMXS	7	9	0	0.438
EC	6	10	0	0.375
MAG 49	5	11	0	0.312
87th CES (A)	4	12	0	0.250
87th CES (B)	3	13	0	0.188
314th RCS	0	9	1	0.050
174th INF BDE	0	9	1	0.050

PCT = Winning Percentage

Game Schedule

Week 19

All games begin at noon Aug. 28 and are played at Falcon Creek Golf Course
 305th APS vs. 605th AMXS
 EC vs. 305th MDS (A)

MAG 49 vs. 87th CES (A)

732nd AS vs. 87th CS
373rd TRS vs. 621st CRW (A)
87th LRS vs. 305th OSS
621st CRW (B) vs. 305th MDS (B)
87th FSS vs. 305th MOS
305th AMXS vs. 87th CES (B)
314th RCS vs. 174th INF BDE

Lakehurst Softball League A

Team	Win	Loss	PCT
Top Guns	10	0	1.000
Victorious Secret	6	4	0.600
Bombers	6	4	0.600
Unarmed Forces	6	4	0.600
CNATT	5	5	0.500
Hangar Squad	3	7	0.300
Misfits	3	7	0.300
Air Dept.	1	9	0.100

PCT = Winning Percentage

Intramural Soccer JB McGuire-Dix

Gold - 305th APS
Silver - Lakehurst
Bronze - 87th CES
4th - Joint Base United
5th - 174th INF
5th - NJNG Army Strykers

7th - 87th CES

7th - 605th AMXS
9th - 305th MDS
9th - 87th LRS (A)
11th - 87th LRS (B)
11th - 621st CRW

Intramural Wallyball JB McGuire-Dix

Team	Win	Loss	PCT
373 TRS	2	0	1.000
305th APS	1	0	1.000
305th MDS	1	0	0.000
314th RCS	0	1	0.000
AMCTES	0	1	0.000
605th AMXS	0	2	0.000

PCT = Winning Percentage

Game Schedule

Week 3

Aug. 27 4 p.m. 314th RCS vs. 605th AMXS

5 p.m. AMCTES vs. 305th APS

Aug. 29 4 p.m. 314th RCS vs. AMCTES

5 p.m. 373 TRS vs. 305th MDS

All games are played at McGuire Racquetball Court

Current as of Aug. 20

EPIC-8 Landfill to receive five-year review

87th Civil Engineer Squadron
 Environmental department

This public notice is to inform the community that the Air Force has initiated a five-year review of the remedy selected for the EPIC-8 Landfill located at Joint Base McGuire-Dix-Lakehurst in Burlington County, N.J. This is the second five-year review for the site and is being conducted in accordance with the Comprehensive Environmental Response, Compensation, and Liability Act. The Army Corps of Engineers, Baltimore District Office is conducting the review on behalf of the Air Force. The purpose of the five-year review is to ensure the selected remedy for the site

continues to be protective of human health and the environment. Institutional Controls were the selected remedy for the EPIC-8 Landfill, as wastes were left in place.

The review process should be completed in December and will be available for public review at the following address:

Burlington County Library
 5 Pioneer Boulevard
 Westampton, N.J., 08060

Contact Curtis Frye at the JB MDL Environmental Division by phone, 754-4952, or email, curtis.frye@us.af.mil, for more information.

Exchange to test-run new hours of operation

Army and Air Force Exchange Service

The Exchange is going to do a 60 day test trial of expanded hours at the Dix and McGuire Express. The extended hours are small; a half-hour per day, it's a gauging technique to measure if the installation has a need for extending hours of operation.

The extended hours would be in the evening for the McGuire Express. The extended hours are for the a.m. period for the Dix Express. New hours will begin Aug. 26 and end Oct. 27.

Dix Express

Change - opening hours

Current: Saturday and Sunday - 7 a.m., Monday through Friday - 6 a.m.

New: Saturday - 6:30 a.m., Sunday 6:30 a.m., Monday through Friday 5:30 a.m.

McGuire Express

Change - closing hours

Current: Sunday - 10 p.m., Monday through Saturday - 11 p.m.

New: Sunday - 10 p.m., Monday through Saturday - 11:30 p.m.

Volunteers

Continued from Page 2

plans its next visit not even halfway through this visit.

This drive to help doesn't stop at coordinating a group to remove weeds and underbrush, it also includes providing an ear just to listen or a friendly smile to someone who needs it. The group members, some with degrees or experience in social work or counseling, sit down with residents at the shelter. The facility manager for the house, which is a temporary home to victims of human trafficking, domestic violence or sexual abuse, welcomes the group into the humble facility. Volunteers are given a tour and immediately work to see how they can make a difference by providing blankets, coats or other basic necessities to the residents.

They meet with John, a victim of human trafficking. Though he does not speak any English, and the group relies on a translator to communicate, a simple nod or gestures allow them to communicate with him. The group proves that even if you only have a smile to offer, it really does open the door to trust and understanding. But what makes this group give up their time to work with someone who has been through such a horrific experience?

The ideal they are working to help him better himself and supporting a cause they deeply believe in. Some want to enter this type of work when they leave the military service, while others just want to find a way to make difference, if even for short amount of time. It was clear that no matter what the motivation, volunteerism is engrained in their guiding principles.

To say that volunteerism, something that all of us may do just a little differently, but in the end truly betters everyone around us is an understatement. I have learned it is the road to much more - to forming connections at the human level, to opening the door to learn about someone, and to improving one's self as well.

So, look around and find something you are passionate about. Volunteer and get involved in your local community, at home or deployed. Yes, it may allow for your deployment to pass quicker, but perhaps more importantly, you may put a smile on the face of someone who may be facing an extremely tough time.

*Name has been withheld to protect the privacy of the individual.

Volunteers test Mud Run course



Volunteers take part in a practice run Aug. 15 for the Mud Run scheduled for Sept. 8 at Doughboy Field here. Twenty-one participants ran approximately half of the 6.2-mile course to determine any hazards or safety issues. More than 3,500 competitors ran last year's "Beast of the East." (U.S. Air Force photo by Russ Meseroll/Released)

Firefighters train to brave blaze

Staff Sgt. Jason Luebke, 87th Civil Engineer Squadron firefighter captain, performs search and rescue maneuvers to locate a victim during a structural training exercise Aug. 15 at Bldg. 2008 here. The firefighters use a vacuum building with smoke and victims once a month to prepare for real-life situations. (U.S. Air Force photo by Russ Meseroll/Released)



'Dive' into Safety

By Staff Sgt. Carlton Anthony
 Joint Base McGuire-Dix-Lakehurst Safety Office

Swimming and diving can be a lot of fun, but can also be very dangerous, especially for children. Being safe and taking the proper safety precautions can prevent mishaps and even drowning. Whether swimming at the beach, at a water park, at a lake, or in a pool.

The first step in preventing a swimming mishap is getting prepared; both beginners and experienced swimmers should take swimming lessons. Learning how to swim properly is critical in mishap prevention. Also learning life saving skills, such as cardiopulmonary resuscitation and rescue techniques can help save a life.

Toys, such as wrist and arm floaters and inner tubes, should never be used as personal flotation devices. They are toys and should be used as such, only Coast Guard approved PFD's should be used as life saving devices.


But it doesn't stop there no matter what body of water a

swimmer chooses; you should always have a wingman. Even the most experienced swimmer can become fatigued or suffer muscle cramps. Wingmen can help each other or call for help in case of an emergency.


Swimmers should know personal limits and swim within their skill limits. They should also avoid swimming in areas not supervised by a lifeguard. The ocean can be unpredictable with constantly changing currents, sudden storms or other hidden dangers. Swimming in oceans, rivers and lakes require more energy to handle the current than in swimming pools.

But, in any case alcohol and swimming, boating, etc. should never be mixed no matter the body of water and can increase the chance of drowning. Drowning is a silent killer. It occurs when water enters the lungs quickly. Therefore, children should always be supervised when swimming because there is no substitute for adult supervision. A little planning can help ensure that service members' family and friends will have a safe and enjoyable summer.

CBRN Warrior prepares base for anything



M-50 CBRNE WARRIOR



USAF
TSGT JOE ATSO


Write on Green Duct Tape
USAF
Rank First & Last Name

- Front/Back of Helmet
- Front/Back of JSList Hood
- Over Right Breast

Full Canteen with Water ONLY
Located behind Carrier Bag

Individual Equipment Carrier Bag

Right Leg Pocket:
- Airman's Manual



Arm Band w/ ID
i.e. Kill Card

Reflective Belt
- Worn 24/7

Pocket on the backside of the Mask Carrier

- Fit Test Record
- DD Form 1574

M-9 tape is Affixed to Six Locations
Place tape on both upper arms, both wrists, and both ankles

M9 TAPE IS SIMULATED WITH 2 INCH MASKING TAPE **DO NOT WRITE "SIM M9" ON THE MASKING TAPE**

Win As One!

By Steve Robertson
Readiness and Emergency Management

The Readiness and Emergency Management office will be providing periodic helpful Ability To Survive and Operate information in preparation for the upcoming October Operational Readiness Exercise and next year's Operational Readiness Inspection.

The unit is starting with the Chemical Biological Radiological Nuclear (CBRN) Warrior to kick-off this info campaign. This is the how all members deploying for the ORE and ORI, as part of the 133rd Air Expeditionary Wing, will look when in mission orientated protective posture-4. This standardization will ensure compliance with technical orders, Air Force instructions and manuals. Knowing where items are worn and kept on each individual is vital to the success of deployed operations. This MOPP standardization and many other ATSO related ORE/ORI topics are currently being instructed by the Emergency Management Flight during Battle AX sessions. Individuals deploying for the upcoming ORE or ORI who haven't yet attended a Battle AX session, should contact his or her unit CBRN scheduler or unit deployment manager to be scheduled for an upcoming class. Contact the Office of Emergency Management Training section at 754-3731 or 754-6208 for more information.

Airfield manager's passion spans four decades

By Pascual Flores
Joint Base McGuire-Dix-Lakehurst Public Affairs

George Drombosky, Air Traffic Control Specialist/Assistant, 305th Operations Support Squadron reflects on more than four decades of federal service as he prepares for retirement Sept. 1.

The decision to join the U.S. Air Force arrived in the form of a "greeting" from the selective service draft board in 1967.

The Pittsburgh, Pa., native served as an air operations specialist and air traffic controller for the next four years with assignments to the 30th Military Airlift Squadron at McGuire Air Force Base and later at the 3526th Student Squadron at Williams AFB, Ariz.

Drombosky fulfilled his active-duty obligation four years later in February 1971. He further pursued his military career by joining the 108th Tactical Fighter Wing here at then McGuire Air Force Base, N.J., as an Air Reserve technician, a move that led to approximately 44 years of federal service.

"I was in the right place at the right time; I walked into the civil service system," said Drombosky.

Drombosky later joined the 438th Military Airlift Wing as a civil service member at McGuire AFB, which later became the 305th Air Mobility Wing.

Drombosky who was no stranger to airfield operations, had his share of emergencies during his career. He worked behind the scenes coordinating a live-heart delivery from the McGuire airfield to a local hospital on Thanksgiving Day in addition to handling an overseas Pan Am Boeing 747 in-flight emergency during which the aircraft was running extremely low on fuel during a thunderstorm.

"You have to know how to respond with in-flight emergencies and weather," said Drombosky.

Not all operations start and finish with a happy ending. Drombosky cites the C-141 Starlifters parked nose-to-tail on Taxiway Lima during Desert Storm as a testimony to the air power of the Air Force.

"The saddest time was seeing all those human remains, metal boxes, each draped with the U.S. flag on a C-141 that could not make it into Dover Air Force Base due to weather," said Drombosky. "We had to make short-notice calls to the chaplain and honor guard."

Drombosky is one of the few individuals on Joint Base McGuire-Dix-Lakehurst whose wealth of knowledge on the installation's history spans several decades.

"George loves his job and is passionate about the airfield and the history of McGuire," said Keith Taylor, 305th OGS, McGuire airfield manager. "He occasionally forgets that all of us weren't here years ago when Taxiway Lima was a runway."

Drombosky and the other airfield management personnel here coordinated the arrival of presidential, New York state and local leaders during the 9/11 attacks. They also had to locate and land military aircraft in addition to coordinating the Federal Emergency Management Agency team's arrival.

It has not been all work and no play for Drombosky. Besides being a railroad train aficionado the soon-to-be retiree is also an avid model airplane builder who has built hundreds of airplanes since 1984.

He even brought his love of aircraft models to JB MDL. His aircraft models are displayed at the base operations building, passenger terminal and 87th Air Base Wing Headquarters.

"I think I speak for all airfield management personnel - past and present, when I say, we don't consider him a co-worker, but a friend," said Taylor.

Drombosky has been married for 40 years to his wife, Paulette. Note: Though Drombosky's job title is Air Traffic Controller he has been performing Airfield Managers' duties for years (decades).

www.jointbasemdl.af.mil

CLASSIFIED



Brand New Luxury Rentals For Our Service Members

THE AVERY TOWNHOME APARTMENTS

MILITARY SPECIAL Bring in this ad for Free Application Fee! Reduced Deposits! Rent Discounts!

Apartment Amenities

- Walk-In Closets
- Private Entrances
- Full-size washer and dryer
- Stainless Steel Appliances
- Dramatic Nine Foot Ceilings

Community Amenities

- BBQ Area
- Ample Parking
- Pets Welcome
- Professional on-site management 24/7
- Emergency maintenance service

Just minutes from Fort Dix and McGuire.



Apartment Amenities

- Granite Countertops
- Gourmet kitchens with 42" designer cabinets
- Wood plank style flooring
- Ceramic tiled bathrooms and showers
- Designer lighting fixtures
- Expansive private balconies and patios
- Dual master suites (in townhome units)



Coming in Spring 2013

- 4,500 square foot clubhouse with free WiFi
- Club-quality fitness center with 24 hour controlled access
- Resort-style outdoor swimming pool
- Modern playground for kids of all ages

HOW YOU WANT TO LIVE

Accessible to Cherry Hill, Trenton and Philadelphia. Just minutes from 295 and the NJ Turnpike. 10 minutes to NJ Transit Riverline Train, Florence Station. 10 minutes to NJ Turnpike and I-295. 20 minutes to Cherry Hill and Trenton. 25 minutes to Philadelphia.

4236 Route 130, Willingboro, NJ 08046 609-877-8600 www.theavery.com

Special Services

Lawn Care

QUALITY LAWN CARE
Summer, Clean-Up, Mulching, pruning, Residential / Commercial Insured. Free Estimates! Call: 609-346-8417

Real Estate Rentals

Condos For Rent

LUXURY CONDO
2 BR, 2 BA condo, new carpet, hardwood floors, Call Cindy, 609-346-1057.

Apts. For Rent

SEVERLY BRIDGE 1 BR
1 BR, 1 BA, fully furnished, entrance, newly renovated, Call: 609-346-1057.

ALL UTILITIES INCLUDED
(except May Aug 2nd rent) Secure City, Car, Insurance 923-215-9030

BURLINGTON TWP
Garden, 2nd floor, Call: 609-346-1057

PERMISTON UNIVERSITY PARK APTS.
1 & 2 BR starting at \$650, Call: 609-346-1057

Homes For Rent

BROWNS HILLS 3rd level
3 BR, 2 BA, state of the art kitchen, hardwood floors, Call: 609-346-8711.

BROWNS HILLS 2nd level
2 BR, 1 BA, state of the art kitchen, hardwood floors, Call: 609-346-8711.

BURLINGTON CITY
New Home, 2nd floor, 1 BR, 1 BA, fully furnished, 1/2 mo security deposit, Sec 100, Call: 609-346-1057

NEW HOME 3rd level
3 BR, 2 BA, fully furnished, 1/2 mo security deposit, Sec 100, Call: 609-346-1057

PERMISTON 4 BR
4 BR, 2 BA, fully furnished, 1/2 mo security deposit, Sec 100, Call: 609-346-1057

WILLINGBORO 4 BR
4 BR, 2 BA, fully furnished, 1/2 mo security deposit, Sec 100, Call: 609-346-1057

Transportation

Autos Wanted

WE BUY Junk Cars, Trucks, Buses & Boats
Free Towing, Call: 609-346-1057

NEWSNOTES

ASA Retiree Appreciation Day

Army Support Activity-Dix is set to host their Annual Retiree Appreciation Day at 10 a.m. Sept. 19 at the Timmermann Center. Registration begins at 8 a.m. to allow time for retirees to visit the federal, state and local agencies that will be present to provide information on their services. Call 562-2666 for more information.

Tops In Blue

Tops In Blue is scheduled to perform at Joint Base McGuire-Dix-Lakehurst at 7 p.m. Oct. 25 at the Timmermann Center. The group is celebrating 55 years of world-class entertainment.

JB MDL Thrift Shops

McGuire
The McGuire Officers' Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month. The shop accepts gently used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit JB MDL, local, and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Broidy Road. Call 754-2368 for more information.

Dix

The Thrift Shop will reopen Aug. 16. Regular Thrift Shop Hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m., the first and third Saturdays of the month from 10 a.m. to 2 p.m.; and the first Wednesday of each month from 3 to 7 p.m. Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses' and Civilians' Club. Email fordixthrif@gmail.com for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1 to 5 p.m. in Bldg. 158. The sales income received from thrift shops is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

Motorcycle Course Registration

JB MDL motorcycle course registration is now open. Register at militarysafeprmv.com. A participant's status in a class is not confirmed until he or she receives a confirmation email. Call 562-3082 for more information.

Neighborhood Community Watch Meetings

The joint base community is set to hold a meeting for the neighborhood community watch program from 7 to 8 p.m. every second Tuesday of the month in Falcon Courts North. The meeting is intended to inform community members on how they can help protect the community by taking part in neighborhood watches and patrols. Call 723-6563 for more information.

The Attic

The Attic is open Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. as well as Tuesdays and Thursdays from 5 to 8 p.m. Donations are accepted during normal hours of operation. The Attic staff asks no one leave donations outside of the building. Call 754-8703 for more information.

Voter Registration

The Human Resources-Military Office is offering voter registration assistance to joint base community members. The voting office will provide on-the-spot automated registration and absentee ballot request forms for all who require it. The office is located in the customer service section at 5418 Delaware Ave. Call 562-2746 for more information.

Firehouse Movie Night

A movie night is scheduled for 8 p.m. every second Friday of the month at The Airmen's Firehouse. This event is open to all E-1s through E-4s. Free popcorn and beverages will be available. Call 754-2233 for more information.

87th MDG Training Hours

The 87th Medical Group will close for readiness training at noon the first Thursday of each month.

Crafty Birthday Parties

The Arts and Crafts Center offers a chance for community members to host birthday parties at the center. Parties include two hours of party room use and one craft project with an instructor and all materials. Choose from a ceramic painting or plush animals parties. Call 562-5691 for more information.

Palace Chase and Palace Front Briefings

The joint base recruiter for the Air Force Reserves is set to host a briefing at 9 a.m. Wednesdays in Room 22 at 2916 Falcon Lane. The Palace Front allows service members the opportunity to seamlessly transfer directly from active duty without a break in service. Call 754-2918 for more information.

Home School Art Class

The Arts and Crafts Center offers a 10-week mixed media course for ages six and up. Five sessions of pottery and five sessions of fine arts are included. Call 562-5691 for more information.

International Spouses' Group

The International Spouses' Group assists foreign-born spouses with cultural adaptation. The group serves as the first stop, as well as ongoing support, for multicultural families. The group meets the last Friday of each month from 11:45 a.m. to 1:30 p.m. for planned social and educational activities. Call 562-2767 for more information.

Joint Base McGuire-Dix-Lakehurst Chapels

Chapel Locations

McGuire Chapel – 2503 East Arnold Avenue
North Chapel – 3827 School House Road
Dix Chapel – 5240 New Jersey Avenue
Soldier's Chapel – 5950 Church Street
Cathedral of the Air – 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

Catholic

Monday through Thursday – 11:35 a.m. McGuire Chapel
Saturday – 5 p.m. McGuire Chapel
Sunday – 10:30 a.m. Dix Chapel

Protestant

Sunday – 9 a.m. Traditional - Dix Chapel
Sunday – 9:45 a.m. Contemporary - North Chapel
Sunday – 11 a.m. Liturgical - Cathedral of the Air
Sunday – 11:30 a.m. Gospel - McGuire Chapel

Army Support Activity

Sunday – 7:30 a.m. LDS - Dix Chapel
Sunday – 7:30 a.m. Catholic - Dix Chapel
Sunday – 7:30 a.m. Protestant - Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4673.

Contacting A Chaplain

When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. – 4:30 p.m., call 609-754-HOPE (4673).

For assistance after duty hours call the command post at 609-754-3935 or 3936.



Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

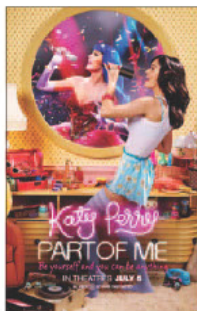
SQUARE D SCRIBBLES



JB MDL Base Theater Movie Schedule



Tonight:
Abraham Lincoln:
Vampire Hunter
(R) 7 p.m.



Saturday:
Katy Perry: Part of Me
(PG-13) 7 p.m.

Sunday:
No showing

NYC

Continued from Page 1

her camp in Afghanistan was attacked;

-Capt. Darrel DeLeon, a space and missile commander with the 1st Space Operations Squadron, Schriever Air Force Base, Colo., who saved the lives of injured Soldiers during an attack on his camp in Afghanistan;

-Staff Sgt. Christopher Jarrell, a military working dog handler with the 81st Security Forces Squadron, Keesler Air Force Base, Miss., who provided suppressive fire that enabled the recovery of wounded service members during an attack in Afghanistan;

-Capt. Blake Luttrell, a special tactics officer with the 21st Special Tactics Squadron, Pope Field, N.C., who recovered a wounded Soldier and provided critical medical care before coordinating a show of force with attack helicopters during an Afghanistan battle; and

-Staff Sgt. Vanessa Salzl Bibb, an aeromedical technician with the 59th Medical Wing, Joint Base San Antonio, Texas, who helped provide treatment for 14 wounded service members after an attack on a provincial reconstruction team.

Air Force Week cranked into high gear during its second day as about 50 Airmen from Joint Base McGuire-Dix-Lakehurst, N.J., toured the 9/11 memorial and the Freedom Tower.

"We are here today at the tribute center," said Master Sgt. Charles Kramer, first sergeant of the 73rd Airlift Squadron at JB MDL. "We're here to support Air Force Week New York City and one

of our stops is to come down here to the World Trade Center site and take a look at this fabulous facility that these folks (New Yorkers) put together to memorialize everything that's happened during 9/11 and since then."

Kramer was on Reserve status when 9/11 occurred and, although he wasn't actively drilling, he was so moved after the 9-11 events that he wanted to be a part of what was coming and came back into the Reserve to serve out his commitment.

Airmen also visited the VA Medical Center in the Bronx to speak with three patients participating in a research trial on a new product called the ReWalk Argo medical device. The device is a powered exoskeleton concept and provides user-initiated mobility; it consists of a light wearable brace support suit, which integrates actuation motors at the joints, an array of motion sensors, a computer system based on sophisticated control and safety algorithms and tailored rechargeable batteries.

The night concluded with a screening of the film, Red Tails, aboard the Intrepid.

Gen Edward A. Rice, Air Education and Training Command commander, welcomed the Tuskegee Airmen in attendance at the screening.

"We are here to honor real heroes: Tuskegee Airmen," said Rice, introducing them to the crowd aboard the Intrepid.

"I know you are going to enjoy this movie," said Dr. Roscoe Brown, Tuskegee Airman. "One reason to enjoy it is because I helped to make it." Brown was one of 15 pilots to shoot down a German pilot.

Wingman

Continued from Page 1

they can truly rely on one another for any situation."

The four pillars are defined as:

Physical - Performing and excelling in physical activities that require aerobic fitness, endurance, strength, flexibility and body composition derived through exercise, nutrition and training.

Social - Developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views and experiences.

Mental - Approaching life's challenges in a positive way by demonstrating self control, stamina and good character with choices and actions; seeking help and offering help.

Spiritual - Strengthening a set of beliefs, principles or values that sustain a person beyond

family, institutional and societal sources of strength.

There is no official theme for this event, so it is at squadron leadership's discretion to decide how to spend the day.

"I told each squadron point of contact to focus on one or two pillars their squadron may be lacking," said Masarone. "For example, if your squadron does a great job with the social health pillar: pot lucks, bowling, group sports; and a great job with the physical health pillar: meeting fitness standards, regular exercise; but hasn't focused on the mental health pillar recently, pick activities which support that pillar."

This gives the squadron POCs the flexibility to tailor their agenda to most benefit their unit. The POCs were asked to challenge the status quo, hand-crafting events to bolster resiliency in their units.

"I am excited to see how each squadron uses this day to strengthen the level of resiliency within its members," said Chief

Master Sgt. Louis Orrie, 305th Air Mobility Wing command chief. "This form of Wingman Day is much more potent because it lets each unit ask 'how can we improve ourselves?' instead of giving them a box to check."

Being a military member comes with stressors that may not be present in a civilian lifestyle. These added stressors make it a necessity to form a support system to help promote resiliency.

"Wingman day is important to me because it strengthens Airmen; the most important part of this force," said Airman Ashley Williams, 87th Civil Engineer Squadron operations management technician. "Learning how to recognize and react to the subtle hints that someone exhibits when they are distressed makes the force as a whole stronger. A strong wingman can make a real difference."

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? E-mail it to the Air, Land & Sea Times staff at 87.abw.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line. Recipes found at freerecipes.org.

Quick Cinnamon Rolls

Ingredients:

- 3/4 cup whole milk
- 1/4 cup margarine (room temp)
- 3 1/4 cups flour
- 25 ounces packaged yeast (Instant)
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/4 cup water
- 1 large egg
- 1 cup brown sugar
- 1 tablespoon cinnamon
- 1/2 cup margarine (room temp)

Instructions:

1. Warm milk over medium heat in saucepan, when at a low boil, remove from heat and set aside. Add in the softened margarine, stirring until incorporated, let cool to room temperature.
2. In another bowl, mix together yeast, sugar, salt and only two and one quarter cup of the flour. Mix in the water, egg and the lukewarm milk mixture from step one. Beat together to incorporate. Add in the last cup of flour, stir well. Knead the dough for about five minutes on a floured surface, texture should be smooth.
3. Using a damp cloth, wrap the dough to full cover, and leave to rise for about ten minutes.
4. In another bowl, prepare filling by combining remaining ingredients.
5. On a clean surface, roll dough into a rectangular shape, about twelve inches by eight inches, cover with filling mixture. Begin rolling the dough and secure seam. Cut in one inch thick pieces, placing rolls in muffin tin, cover and set aside until they have doubled in size, around half an hour. Meanwhile, heat oven to 375 F (190 C).
6. Bake until golden, about twenty minutes. Remove rolls from tin to cool on wire rack. Drizzle with preferred topping and serve.



Get to know JB MDL!



Can you guess what this week's close-up photo is? Submit your guess online at www.facebook.com/jbmdl. Don't forget to check back next week when the full-size photo is revealed!



Did you guess what last week's close up photo? It was the right foot of the Ultimate Weapon statue at Infantry Park!

**Your business can
Serve the people who
serve our country.**

Your sales message will reach the fine men and women and their families stationed at:

Joint Base McGuire-Dix-Lakehurst
with an ad in the

AIR, LAND & SEA TIMES

PLEASE CALL: CARL DICIOCCIO (609) 871-8135

FOR MORE INFORMATION TODAY!

Motorcycle
Safety Tips

- Check the overall condition of the bike before operating it.
- Check tires, controls, lights and oil.
- Make sure everything is in good working condition.
- Wear a helmet and protective gear.
- Turn on headlights and maintain a safe following distance.

- Avoid the center of the lane where debris and oil build up.
- Ride at a safe speed, don't Drink and Drive.
- Take a course to learn or reinforce safe driving techniques.
- Know the motorcycle.
- When driving in traffic remember to:

S - Search around for potential hazards.

E - Evaluate any possible hazards, such as turning cars, railroad tracks, etc.

E - Execute the proper action to avoid the hazard.

Courtesy of the Joint Base McGuire-Dix-Lakehurst Safety Office, 754-7233.